



Grilled Chicken Sandwich with Fig Relish

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings fig relish
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup salad mix rinsed
- ☐ 3 servings salt and pepper
- ☐ 6 slices sourdough bread thick (5 by 3 in. and)
- ☐ 18 oz boned

Equipment

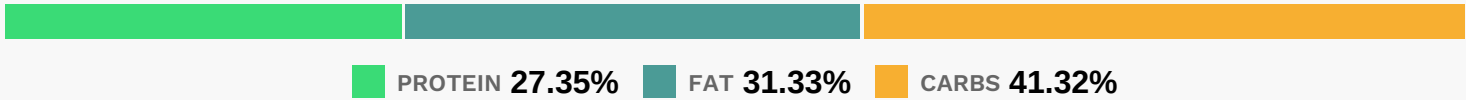
- ☐ plastic wrap

- ☐ grill
- ☐ rolling pin

Directions

- ☐ Place each chicken breast half between two sheets of plastic wrap; with a flat mallet or rolling pin, gently pound to 1/2 inch thick.
- ☐ Brush both sides of chicken lightly with olive oil and sprinkle with salt and pepper.
- ☐ Lay chicken on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning once, until chicken is no longer pink in the center (cut to test), 6 to 8 minutes total. Meanwhile, brush both sides of bread lightly with oil. When you turn chicken, lay bread slices on grill and cook, turning once, until lightly toasted, about 4 minutes total.
- ☐ To assemble each sandwich, top one slice of bread with about 1/4 cup arugula leaves.
- ☐ Place chicken on arugula and top with about 1/3 cup fig relish. Top with second slice of grilled bread.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:56.22, Inflammation Score:-7, Nutrition Score:32.499565036401%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 739.44kcal (36.97%), Fat: 25.69g (39.52%), Saturated Fat: 4.16g (26%), Carbohydrates: 76.21g (25.4%), Net Carbohydrates: 71.87g (26.13%), Sugar: 14.17g (15.74%), Cholesterol: 108.86mg (36.29%), Sodium: 1163.87mg (50.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.44g (100.88%), Selenium: 91.15µg (130.22%),

Vitamin B3: 24.13mg (120.63%), Vitamin B6: 1.47mg (73.56%), Vitamin B1: 1.05mg (69.99%), Phosphorus: 501.2mg (50.12%), Vitamin B2: 0.75mg (43.88%), Folate: 172.09µg (43.02%), Manganese: 0.78mg (38.84%), Iron: 5.99mg (33.3%), Vitamin B5: 3.02mg (30.23%), Potassium: 913.79mg (26.11%), Magnesium: 96.04mg (24.01%), Vitamin E: 3.26mg (21.74%), Vitamin K: 19.87µg (18.93%), Fiber: 4.35g (17.38%), Zinc: 2.42mg (16.11%), Copper: 0.28mg (13.97%), Calcium: 100.86mg (10.09%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 240.68IU (4.81%), Vitamin C: 3.79mg (4.6%), Vitamin D: 0.17µg (1.13%)